

Name: _____

ACTIVITIES

Whole
Grain
Goodness

IDENTIFY THE PARTS

Fill in the blanks with the correct part(s) of the wheat kernel. You will use these words:

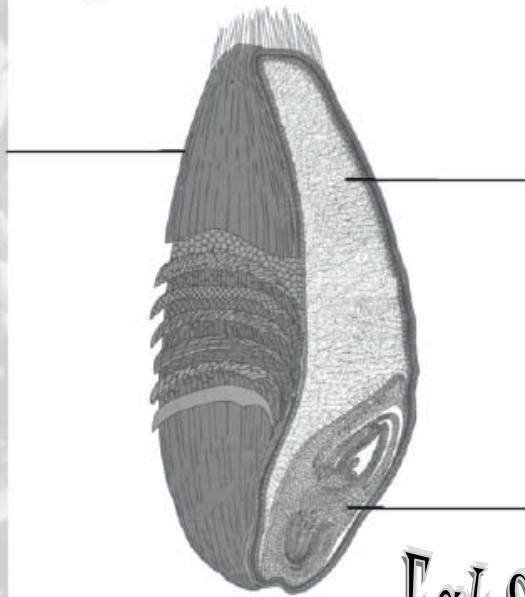
bran

endosperm

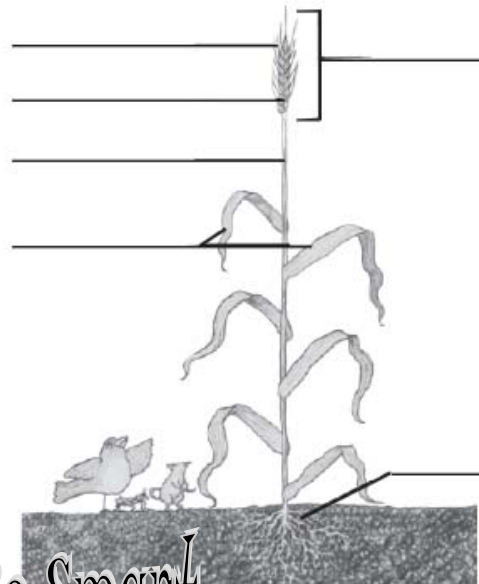
germ

- | | |
|-------|--|
| _____ | 1. I am the hard outer covering of the kernel. |
| _____ | 2. I am the smallest part of the kernel. |
| _____ | 3. I am the largest part of the kernel. |
| _____ | 4. I am made of many thin layers. |
| _____ | 5. I make white flour. |
| _____ | 6. I am where the new wheat plant begins to grow. |
| _____ | 7. We make whole wheat flour. |
| _____ | 8. I nourish the young plant when it starts to grow. |
| _____ | 9. I am used in cereal flakes. |
| _____ | 10. I am the part you touch when you hold a whole kernel of wheat. |

Identify the endosperm, bran and germ of this wheat kernel?



Fill in the parts of the wheat plant: leaves, head, roots, beard, stem, kernel



Eat Smart Be Smart